

Reconnect and Restore

5-Day Yoga Retreat in Rural Lincolnshire

14th - 18th September 2020 / 14th - 18th June 2021



From £410

(depending on accommodation choice)

Restore and enhance your wellbeing with five days of yoga and time spent with animals and nature. Reconnect with the rhythm and importance of your breath, practice acceptance and gratitude for your physical body, and find a sense of balance and connection with yourself and others.



Benefit from exclusive use of Laurel Park Campsite, a secluded 2 ½ acre site offering luxury glamping accommodation, a purpose-built yoga barn, communal lounge space, hot tub area, fire pits and various animals, including free range chickens, giant rabbits and miniature donkeys!

The retreat will include nine extended length yoga sessions – combining hatha yoga, slow flow, yin yoga, restorative yoga, irest yoga nidra, pranayama, meditation, mantra, talks, journaling, and relaxation. There will also be an opportunity to create your own bracelet, using semi-precious stones and beads, to represent your retreat journey. Participate in as much or little as you like. The retreat

is suitable for all levels of experience and ability. There will be time for you to relax, read, cycle, walk the donkeys/pygmy goats, enjoy the hot tub, spend time with the campsite animals or visit local towns...though you may not want to leave!!!

Prices start from £410, when bringing your own tent, motorhome or caravan (electric hook up available) and booking before 31st March. Or stay in a luxury glamping tent, with proper beds, heating, electric, glamping toilet and outdoor seating area from £445 (based on two people sharing). These prices include delicious home cooked vegetarian meals and snacks (with vegan options), accommodation (when staying in one of our glamping tents), all yoga and associated activities listed in the schedule and exclusive use of all Laurel Park Campsite facilities.

A non-refundable deposit of £150 will secure your place, with the remaining balance due 8 weeks prior to the retreat. All bookings made after this date will require payment to be made in full.

**Places are limited to 8 people...
So book early to avoid disappointment.**

Early bird price:

Save up to £50 when booking before 31st March 2020

£410 (bringing own tent/motorhome/caravan)

£445 (staying in luxury glamping tent)

Regular price:

(Booking between 31st March 2020 and 10th July 2020)

£455 (bringing own tent/motorhome/caravan)

£495 (staying in luxury glamping tent)

All glamping prices are based on two people sharing.

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Event Schedule

The proposed event schedule is as follows for the 5 day retreat.

Please note: It is possible that factors outside our control may necessitate the need for slight adjustment to this schedule. But we will endeavour to keep to these activities and timings wherever possible.

Monday

- 14:00 Welcome tea and treats
- 15:00 Site tour and meet the animals
- 16:30 – 18:00 Yin / Restorative / Yoga Nidra
- 19:00 Dinner in the dining room
- 20:30 Communal fire pit and optional hot tub

Tuesday

- 07:00 – 9:30 Buffet breakfast in the communal lounge
- 08:00 Optional feed and care for the animals
- 10:00 – 11:45 Hatha and meditation
- 12:30 Lunch in the dining room
- 15:00 Snacks in the communal lounge
- 16:30 – 18:00 Yin / Restorative / Yoga Nidra
- 19:00 Dinner in the dining room
- 20:30 Movie night and popcorn

Wednesday

- 07:00 – 9:30 Buffet breakfast in the communal lounge
- 08:00 Optional feed and care for the animals
- 10:00 – 11:45 Hatha and meditation
- 12:30 Lunch in the dining room
- 14:00 – 17:00 Beaded jewellery workshop in the barn
- 15:00 Snacks in the communal lounge
- 18:00 Dinner in the dining room
- 20:00 – 21:30 Pyjama iRest Yoga Nidra and Restorative Yoga (with hot water bottles)
Followed by hot cocoa



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Thursday

- 06:30 Sunrise meditation (weather permitting)
- 07:00 – 9:30 Buffet breakfast in the communal lounge
- 08:00 Optional feed and care for the animals
- 10:00 – 11:45 Hatha and meditation
- 12:30 Lunch in the dining room
- 14:00 Optional donkey walk
- 15:00 Snacks in the communal lounge
- 16:30 – 18:00 Yin / Restorative / Yoga Nidra
- 19:00 Dinner in the dining room – construct your own pizza
- 20:30 Music and drinks in the barn



Friday

- 07:00 Breakfast smoothies in the communal lounge
- 08:30 – 10:30 Hatha and meditation
- 10:45 Brunch in the dining room
- 12:30 – 14:00 Yin / Restorative / Yoga Nidra
- 14:15 Finish / check-out (plus optional tea and snacks)

Additional facilities available from 8am until 10pm include:

Use of the hot tub; board game and book library; use of the yoga studio for additional practice; meditation garden; use of bicycles; communal herb garden; use of a communal fire pit (wood provided); colouring pencils and mandala handouts, plus campsite shop selling ice-creams and crafty bits and bobs.

Please review our full terms and conditions before booking.

Please see www.laurelparkcampsite.co.uk for more information and images.

